Abbey of the Arts presents
Cultivating Seeds
of Liberation
SONGS OF JUSTICE AND JOY

Lyric Book

1. I Know

by Soyinka Rahim © 2016 from the album *BIBOLOVE* | BIBOLOVE.US

I know, I know, I know, I know.

I know that you move through me
Show me your rhythm
to move through this world with your Love, Dear Love.

Hold me,
Show me,
Speak to my spirit
to move through this world with your love, Dear Love.

Your Way, My Way, Your Way, My Way, Our Way.

Show me my sisters, my brothers, those spirits
that move through this world with your Love, Dear Love.

We're greedy and selfish and petty, misguided.
Show us the way to your Love, Dear Love.

I know, I know, I know, I know.

Your Way, My Way, Your Way, My Way, Our Way.

I know that you move through me
Show me your rhythm
to move through this world with your Love, Dear Love.

Hold me
Show me
Speak to my spirit
to move through this world with your Love, Dear Love.

Show me my sisters, my brothers, those spirits
that move through this world with your Love, Dear Love.

I know, I know, I know, I know.

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2. There Is No Gift So Holy

by Richard Bruxvoort Colligan (inspired by Margery Kempe)| © 2025 WorldMaking.net (ASCAP) | Licensed via OneLicense.net, CCLI, and WorldMaking.net

Chorus

There is no gift so holy as the gift of love, oh love.
There is no gift so holy as the gift of love, oh love.

Praying for mercy, sobbing for freedom,
a heart of hope and pain.
Troubled in spirit, restless with visions,
a creature held in God's sweet embrace.

Chorus

Long have you traveled pilgrimage journeys,
longing to free us all.
Mother to many, seeking forgiveness,
devoted to Christ's love and call

3. Release

by Deirdre Ní Chinnéide © 2020 from the album *I Will Sing for You* | DeirdreNiChinneide.ie

May your Love be gently written on my heart.
May your Grace embrace me from the very start ...
And as I listen for your way
And as you guide each night and day ...
May your love release my open heart.

May your Love be gently written on my heart.
May your Grace embrace me from the very start ...
And as I listen for your way
And as you guide each night and day ...
May your love release my open heart.

4. Mend Your Heart

by Dena Ross Jennings © 2025 | ImaniWorks.net

Mend your heart while I hold your hand
Take all the time your spirit needs
I'm forever your loving friend
Don't let go
Just hold my hand
Oh, oh, oo-oo

Through the storm, through the rain
I'm loving you in sickness and pain
I will stand with you—
Your loving friend
I'll hold your hand until the end
And again, I'll stand with you
Forever I'll stay
Forever I'm with you
With you always
Oh, oh, oh oh oh
Oooo

5. Wade in the Water

Traditional Black Spiritual, Arranged and performed by Benjamin Mertz © 2025 from the album *Climbing Up the Mountain* | Benjasoul.com

See them children dressed in white
Gonna trouble the water
The leader looks like the Israelite
Gonna trouble the water

Chorus
I said
Wade in the water
Wade in the water, children
Wade in the water
My God's gonna trouble the water (x2)

Don't you see them children dressed in red
God's gonna trouble the water
They look like the band that Moses led
God's gonna trouble the water

See them children all dressed in black
God's gonna trouble the water
They're goin' over Jordon and they ain't coming back
God's gonna trouble the water

Chorus

6. Plowshare Prayer

by Spencer LaJoye © 2022 | SpencerLaJoye.com

Dear blessed creator, dear mother, dear savior
Dear father, dear brother, dear holy other
Dear sibling, dear baby, dear patiently waiting
Dear sad and confused, dear stuck and abused

Dear end-of-your-rope, dear worn out and broke,
Dear go-it-alone, dear running from home
Dear righteously angry, forsaken by family
Dear jaded and quiet, dear tough and defiant

I pray that I'm heard
And I pray that this works

I pray if a prayer has been used as a sword
against you and your heart, against you and your word
I pray that this prayer is a plowshare, of sorts
that it might break you open, it might help you grow

I pray that your body gets all that it needs
and if you don't want healing, I just pray for peace
I pray that your burden gets lighter each day
I pray the mean voice in your head goes away

I pray that you honor the grief as it comes
I pray you can feel all the life in your lungs
I pray that if you go all day being brave
that you can go home, go to bed feeling safe

I pray you're forgiven, I pray you forgive
I pray you set boundaries and openly live
I pray that you feel you are worth never leaving
I pray that you know I will always believe you

I pray that you're heard
and I pray that this works

Amen on behalf of the last and the least
On behalf of the anxious, depressed, and unseen
Amen for the workers, the hungry, the houseless
Amen for the lonely and recently spouseless

Amen for the queers and their closeted peers
Amen for the bullied who hold in their tears
Amen for the mothers of little Black sons
Amen for the kids who grow up scared of guns

Amen for the addicts, the ashamed and hungover
Amen for the calloused, the wisened, the sober
Amen for the ones who want life to be over
Amen for the leaders who lose their composure

Amen for the parents who just lost their baby
Amen for the chronically ill and disabled
Amen for the children down at the border
Amen for the victims of our law and order

I pray that you're heard
and I pray that this works

I pray if a prayer has been used as a sword
against you and your heart, against you and your word
I pray that this prayer is a plowshare, of sorts

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7. Open Up Ancient Gates

by Dena Ross Jennings © 2025 | ImaniWorks.net

Open up ancient gates
Open up ancient doors
Stand at the threshold of the sacred
Open, open
Open up

8. Liberating Grace

by Trisha Watts © 1997 | Originally published by Willow Publishing Pty on the album *Invocation* | TrishWatts.com

Let us rise with you in liberating grace,
with lives that know the power of your gaze.
Let us rise with you in liberating grace,
with lives that know the freedom in your gaze.

Let us rise with you in liberating grace,
with lives that know the healing in your gaze.
Let us rise with you in liberating grace,
with lives that know the freedom in your gaze.

Let us rise with you in liberating grace,
with lives that know the healing in your gaze.
Let us rise with you in liberating grace,
with lives that know the power of your gaze.

Let us rise with you in liberating grace,
with lives that know the freedom in your gaze.
Let us rise with you in liberating grace,
with lives that know the healing in your gaze.

Let us rise with you in liberating grace,
with lives that know the power your gaze.
Let us rise with you in liberating grace,

with lives that know the power of your gaze.

9. Dweller

by Joel McKerrow © 2012 from the album *One Foot in the Clay* | JoelMcKerrow.com

I am an artist and a pilgrim
We are artists and we are pilgrims of the threshold.

Between the dying and falling away of winter
And the rebirth of the song of the birds of spring,
we dwell there in possibility.

Between oranges, ochres, reds and yellows
And greens, jades, limes and ocean blue,
who thread themselves together in threshold tapestries
of death and life,
despair and hope.
A cocoon of shedding skins and promised wings
of caterpillars dying and butterflies rising.
Of dark enclosed night and light filled day
where whispers of the night entangle threads into daylight.

And in this lowering sun I am at one
with the dusk of earth's closing eyes.

And I can see a world that was here all along
yet hidden now until the dusk fell.
Until the night met the day.
Until I dwell as a pilgrim of the threshold.

As the sky that breaks through this night
bends low to whisper to me
of the green land that I once called home.
Where I stood tall in these rains
and knew at those moments
that life was larger than
every drip and every drop upon my back.
That there were stories I could get lost in.
That there were stories I could get found in.

Where the puddles that I played in
were the pooling of all the things
that would call us beyond these stars,
out of our cocoons,
to play in rain-soaked playgrounds
where anything was possible.
And every drip and every drop that broke their backs upon the ground they rushed toward.
SLOW DOWN!
I wanted to yell at them
Slow down and realize that life does not have to be like this.
Dreams to not have to wake like this.

For here in this twilight
we are artists and we are pilgrims
with one foot in the clay,
one hand chained earthbound,
as the other stretches to the sky.
We find the tears in the curtain where the divine
reaches through her hand to offer her water to our lips.
This is the true pilgrim,
he who stands upon the threshold
with one hand to the heavens
and the other to the earth.
To not run from the world into the heavens
but to hold the two together.
The dweller, who holds worlds together beneath these stars.
We hold worlds together beneath these stars.

For we dwell in possibility.

Artists and pilgrims and actors and dancers
and poets and prophets and singers and painters
and lovers and creators…

and there is hope in our eyes.

Between the dying and falling away of winter
and the rebirth of the songs of the birds of spring

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there is hope in our eyes.

There is hope in my eyes.
There is hope.
There is hope.

10. Fear Not the Pain

by Richard Bruxvoort Colligan (inspired by Rainer Maria Rilke) © 2025 WorldMaking.net (ASCAP) | Licensed via OneLicense.net, CCLI, and WorldMaking.net

Fear not the pain
Fear not the pain
Let its weight fall back into the earth
Fear not the pain
Fear not the pain
Let its weight fall back into the earth
For heavy are the mountains
For heavy the seas
For heavy are the mountains
For heavy the seas

11. Dreams

by Soyinka Rahim © 2025 | BIBOLOVE.US

Dreams. So many many many many many dreams.
Dreams. So many many many many many many many dreams.
I dream. You dream. We dream.
I am the one. You are the one. We are the ones.
I am the one (I'm) we're dreaming of … I am love.
You are the one we're dreaming of … You are love.
We are the ones we're dreaming of … We are love.
We are the ones we're dreaming of … We are love.
I am love, you are love, we are love.
I am the one, you are the one, we are the ones we're dreaming of.
Love, love, love, love, love!

12. Your Heart Knows the Way Home

by Te Martin © 2021 from the album *Water & Bones* | TeMartin.bandcamp.com

Your heart knows the way home
Listen the birds are singing, singing their freedom
The forest will speak to you in the silence

13. May this Body Be a Bridge

by Te Martin © 2021 from the album *Water & Bones* | TeMartin.bandcamp.com

May this body be a bridge for the healing of this land
May the river flow through us cleansing greed from our hands
We are, we are born from the water
We are, we are made from the land
Teach us, teach us, oh great mother
To bring, to bring peace to this land

14. Arms of Love

by Alexa Sunshine Rose © 2023 from the album *Come Receive* | AlexaSunshineRose.com

Come now child, lay it down
Just breathe
Just be
Come be cradled in the arms of love
Just breathe, just be.

15. Nairobi Women's Peace Song

Written by Karen MacKay and Nancy Nordlie
Performed and Recorded by Lorraine Bayes © 2007 from the album *Rainbow Songs, Rainbow Prayers* | LorraineBayes.Bandcamp.com

If every woman in the world had her mind set on freedom
If every woman in the world dreamed a sweet dream of peace
If every woman in every nation, young and old, each generation
held her arms out in the name of love, there would be no more war.

If every man in the world had his mind set on freedom
If every man in the world dreamed a sweet dream of peace
If every man in every nation, young and old, each generation
held his arms out in the name of love, there would be no more war.

If all the children in the world had their minds set on freedom
If all the children in the world dreamed a sweet dream of peace
If all the children in every nation, young and old, each generation
held their arms out in the name of love, there would be no more war.

If all the people in the world had their minds set on freedom
If all the people in the world dreamed a sweet dream of peace
If all the people in every nation, young and old, each generation
held their arms out in the name of love, there would be no more war.

Held their arms out in the name of love, let us all live in peace.

16. All Belong Here

Lyrics by Lenora Rand; Music by Hannah Rand
As recorded by The Many ©2017 Plural Guild Music from the album *All Belong Here* | TheManyAreHere.info

1.
When you're not sure who you really are
When all you feel is the shape of your scars
And you have more wounds than you can count
Open your eyes, look all around
You aren't alone, this is your home

Chorus:
Come and remember who you are here
Do this to remember who I am
Come and remember you belong here
All belong here.

2.
When you don't know how to forgive
When locked doors seem like the only way to live
And you've got more questions than you can count
Open your eyes, look all around
You aren't alone, this is your home

Bridge
At this table come as you are
Broken and bleeding's ok
At this table eat and be filled
Come and drink in this grace.

Chorus

17. Praise the Maker

by Alana Levandoski © 2024 from the album *Cianalas/Tãsknota* | AlanaLevandoski.com

With stars in the night
With froth of the wave
With fang of the wolf
We offer our praise
With life of the sun
With glow of the moon
With stones and ley lines
We offer our praise

Chorus
Praise the maker
Praise the maker
We howl, and we sing
Praise the maker
Praise the maker
Within all things

With snow in the blizzard
and with heather on the hills
With herds upon plains
We offer our praise
With wombs and with caves
and with the mounds of our graves
with the breast of a hill
we offer our praise

Chorus

With falcons
with ancients
with antlers
and dancers
all singers
all stories
all patterns

all grieving
all storms
and all rivers
all mud
and all water
with each atom
and each planet
we offer our praise

with the clowns
and the shamans
and the priests
and the priestesses

with all people
and all places
we offer our praise
with the whales
and the spiders
and the webs
and the weaving
with birth
and with leaving
we offer our praise

Chorus

This longing is our home
longing
This longing is our home
longing

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18. Joy to Life

by Alexa Sunshine Rose © 2019 from the album *Holy Child* | AlexaSunshineRose.com

Refrain
Joy to life, joy to seasons
Joy to every living being
Joy to all beneath the moon and sun

Joy to life, joy to seasons
Joy to every living being
Joy to all and peace to everyone

1. To you, who hears our songs
Who makes the mountains strong
The hope of all the earth and seas
Even silence sings

Refrain

2. At the ends of the world
Creation sings in awe
At the wonder of the evening and the wonder of the dawn
You call forth joyful song

Refrain

3. You remember the earth with sweet water
Sending rivers to satisfy her ground
Make her soft with showers and bless all that grows
The hills rejoice all around

19. Only Grace

Words by Lenora Rand, Music by Hannah Rand
© 2016 Mirasion Music (ASCAP) from the album *All Belong Here* | Recorded by The Many | TheManyAreHere.info

Things are broken here; things are shared.
Things are carried here; hearts bow in prayer.

Chorus
It is grace, only grace
That brings us here,
Holds us together here.
It is grace, only grace
That brings us here,
Holds us all together here,
All together here.

Things are dying here; things are torn.
Things are growing here and burdens borne.

Chorus

Bridge
Amazing grace, hear the sound.
Here is where hope is found.

Chorus

20. We Are Weaving Our Lives

by Alexa Sunshine Rose © 2024 from the album *Come Receive* | AlexaSunshineRose.com

We are weaving our lives
We are weaving our hearts and minds
We are weaving the bright and dark threads of our journeys through

We are weaving our lives
We are weaving a blanket of light

We are weaving a basket to hold all that's true

21. On the Wings of Grace

by Melanie DeMore © 2012 from the album In the *Mother House* | MelanieDeMore.com

Gently I go, softly I know.
Nothing to fear, spirit is here.
Love be my guide. Lift me, I'll fly
Far from this place on the wings of grace.

Descant:
Gently I go, softly I know
Nothing more to fear, oh
Love be my guide, lift me I'll fly
On the wings of grace.

22. Prayer Cycle Response

Words by Abbey Dream Team. Music by Betsey Beckman. Arranged and performed by Alexa Sunshine Rose and Simon de Voil © 2025

O Love, open my lips, and my mouth will declare your praise.
O Vision, open my lips, and my mouth will declare your praise.
O Hope, open my lips, and my mouth will declare your praise.
O Justice, open my lips, and my mouth will declare your praise.
O Peace, open my lips, and my mouth will declare your praise.
O Joy, open my lips, and my mouth will declare your praise.
O Beauty, open my lips, and my mouth will declare your praise.